



Junkanoo Journal

Official
Newsletter of
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Nassau

May 6—12, 2005

Editor's Note: Farewell to CLO

Today is my last day in CLO and my last time publishing the *Junkanoo Journal*. As I move to my new job in the Consular section, I leave you in the hands of my capable co-CLO Lori Johns. I consider myself very fortunate to have worked with Lori over the last several months. Her energy, compassion and drive have been remarkable. I am sure that Lori will continue to do a wonderful job serving this community and will excel in her new role as editor of the *Junkanoo Journal*. Thank you all for the support you've shown me.

—Melissa Honigstein

Happy Birthday!

Demarco Gates
May 13

Michael DelVacchio
May 14

Milly Krause
May 17

Gloria Guterrez
May 21

Tanya Storr
May 21

June Lunn
May 22

Eat Cake!

Please join Ambassador Rood in the 2nd Floor Multi-Purpose Room on Tuesday, May 17 at 4:00 p.m. to celebrate all of our colleagues who have birthdays in May.



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ESSENTIAL NUMBERS

| | |
|-----------------------|-------------|
| Embassy | 322-1181 |
| Post One Emergency | 328-2206 |
| if busy: | 356-3229 |
| or cell: | 457-3892 |
| Duty Officer Cell | 357-7004 |
| Sandyport Health Unit | 327-1850/52 |
| Nurse Carol Clowes | 427-2508 |
| Police/Fire Emergency | 919/911 |
| Doctor's Hospital | 322-8411/14 |
| Ambulance | 302-4747 |
| CLO | ext. 4254 |
| Lori's Cell | 424-3478 |

JUNKANOO JOURNAL ONLINE



**Download the Junkanoo
Journal from the Embassy
Nassau Internet site:**

nassau.usembassy.gov



From the Health Unit: Marine Envenomation

Marine envenomation is the act of being stung or bitten by a venomous marine creature. These creatures fall into several categories which include corals such as fire coral, jelly fish and sea nettles, sea urchins and star fish, sting rays, and fish which include lion fish, scorpion fish, and stone fish. In the Bahamas by wading, swimming in shallow water, skin or scuba diving, one can come in contact with fire corals, jelly fish such as the portuguese man-of-war, sea nettles, sea urchins, star fish, sting rays, and the most venomous stone fish. These creatures can also wash up on the beach. Marine envenomations may produce mild skin irritations while others can produce life threatening conditions.

Mild envenomations from fire coral, jelly fish, or sea anemones

usually include stinging, itching, or pain at the site. This will usually have rapid onset. With jellyfish, tentacles may still be attached which need to be removed to avoid further stings. For all of these stings flush the area vigorously with vinegar. Do not use fresh water to rinse. Shave off any visible tentacles being careful not to touch them. A topical steroid cream will decrease inflammation.

The best initial treatment for puncture stings is to flush the area with sea water. This should be followed by soaking in non-scalding hot water (as hot as the individual can tolerate) until pain decreases. Your healthcare provider should examine the wound for retained spines, which can become infected.

Many sea animals can cause en-

venomation. The best prevention is to avoid any of these animals. Many envenomations occur when individuals wade in shallow water. If you must wade it is best to shuffle along so as to scare any sting rays, or fish out from under your feet. However, sea urchins will not move so you still must watch for them.

Any marine envenomation can have a delayed adverse effect. It is advisable to contact your healthcare provider for any envenomation.

HEALTH UNIT NOTICE
Nurse Carol Clowes will be off the island Monday, May 16th through Monday, May 23rd. If anyone has a medical question they can call Dr. Pinder at 356-3255 or Dr. Eneas 393-5404, or Dr. Christensen in Ft. Lauderdale at 954-630-1150/1151.

Travel Office News

Air Travel

Effective May 15, a \$20 mandatory penalty charge will apply on any Bahamasair tickets changed from its original flight dates and times once. Travelers are encouraged to confirm correct flight dates and times prior to issuing tickets.

Atlantis Passes

Atlantis has resumed issuing passes on a space availability basis and until further notice. Maximum of 5 passes per person per request. Requests should be made one week prior to date desired as passes cannot be approved far in advance. Atlantis cannot accommodate last minute requests. Please send request for passes to atlantispasses05@yahoo.com — **please note that the email address has changed.**

Travel Office Hours

The Travel Office is open from 9:00 a.m. - 12:00 noon, Monday through Friday.

If there is an emergency please consult the Management Officer BEFORE contacting the travel office.

Your cooperation is appreciated.

Milly About Town

By Milly Krause

Restaurant Review

Luciano's of Chicago - Located in the former manor of The Bahama's first premier, Sir Roland Symonette, on East Bay Street west of the Paradise Island Bridges, Luciano's is my idea of the perfect restaurant experience. Here you can experience spectacular views of Atlantis, Club Med Beach, Chalk Ocean Airlines Terminal, as well as enjoy a waterfront view of busy Nassau Harbour. I was especially pleased to finally snap a picture of both a landing and takeoff of Chalk's seaplanes. I could swear the conch fisherman on a nearby boat posed for a picture for me.

Deciding where to eat was almost problematic since there are so many beautiful settings. You can eat on the second deck in the evening. If you want complete privacy, there are several alcoves within the main restaurant area as well as a bar & lounge for Happy Hour visits. Outside, you can dine under their covered patio terrace or eat closer to the Harbour under the Tuscan-style pergolas. We chose the pergolas and we weren't disappointed. Italian music, at just the right volume, surrounded us as we ate. This was absolutely a casual but elegant way to spend an afternoon. Luciano's is now included on our must-do visitor list. The sunsets have to be fantastic.

Everything looked so good on Luciano's Italian menu, it was hard to make a choice. Bahamian selections are also included. Do I want antipasto or conch patties? We shared the antipasto (\$10) and couldn't have been more pleased with the taste as well as the portion. An eggplant relish was served with perfectly crispy Italian bread. While the relish was very good, I had to have butter with my perfect bread. Lasagna (\$11) was on special for lunch. Fresh Nassau Grouper, snapper, salmon, shrimp and mahi mahi are also available, as well as a variety of salads, pastas, steak, veal and lamb. Don had frutti di mare (\$20), which was definitely a lunch portion, but was a very good representation. I had the lobster salad (\$14). All the food was fresh and exquisitely presented. For dessert, they offer tiramisu, cannoli, and rum raisin bread pudding.

If you are on a budget, watch yourself at Luciano's. You can eat lunch or dinner for a reasonable price or you can just splurge away. When we sat down, we were offered bottled water. If you don't want to pay for bottled water, just tell them you want the regular water. Drinks were higher than most places and we were charged for each cup of coffee with our cannoli. If you are careful, you can eat there for a reasonable price.

Service was among the best we've had on this island. We received our check in an appropriate amount of time. Our waiter was extremely attentive, but wasn't annoying. He took the time to chat a bit, too. Plenty of free parking is available on the premises. If you provide enough time, you'll want to walk around the gardens surrounding the restaurant. I'd recommend Luciano's for any special occasion, as well as for weddings and other larger events. Luciano's is open for lunch from 11:30 a.m. to 3:30 p.m., Monday thru Friday. Dinner is served from 6:00 p.m. to 11:00 p.m. daily. Their bar opens at 5 p.m.. While reservations aren't required, they are recommended if you want to sit in a place of your choosing. For more information, please call Luciano's at 323-7770

Happy Eating!!
Milly

THE COMMISSARY BULLETIN

BBQ STEAK OUT!

SATURDAY, MAY 21ST — 12:00 UNTIL 6:00

Come one and come all to taste the best steak and finger licking chicken on this island! This event will be a perfect way to end the school year for the families and start a summer vacation. All Mission employees, families, friends neighbors and guests are invited to attend.

\$10.00 For a Steak or Chicken Dinner
What a bargain!

Advance Purchase Only!

\$2.00 beers and \$1.00 sodas available

Purchase tickets at the Commissary or from any Commissary Board Member

Volunteers needed - we are looking for volunteers to help out. Please contact CLO at ext. 4254 or Jeff Rotering at ext. 4218. We are looking for grill meisters, pool supervisors and clean up team.

We look forward to everyone attending the BBQ!
All proceeds benefit YOUR Commissary!

Your Commissary Still Needs Volunteers



The Commissary is still in need of volunteers to operate the store.

If you are available during Commissary hours for even one Wednesday or Saturday in the near future, please contact Pat Wielkie at 394-4575.

Please pitch in!

Commissary Hours

**Wednesdays 10:00 AM to 2:00 PM
& Saturdays 12:00 - 3:00 PM.**

Cold Beverages Now Available!

Memberships required; Call Kay at ext. 4285

**25% OFF
ALCOHOLIC BEVERAGES
EXCEPT BEER, WINE, & BACARDI**

Your Commissary Board:

- ◆ Jeff Rotering ext. 4218
- ◆ Ray Catena ext. 4336
- ◆ Shannon McBrayer 327-0209
- ◆ Pat Wielke
- ◆ Scott Buttrick ext. 4224
- ◆ Bel Vanderploeg ext. 4275
- ◆ Kevin Stanfill ext. 4328
- ◆ Lori Johns ext. 4254

**IMPORTANT
Reminder to Parents of Schoolchildren**

Classes are filling up quickly at St. Andrew's, Lyford Cay, and Tam-bearly. Please remember to pay tuition on time, as your children could lose their places in next year's classes. Many classes have already closed to new enrollment.

Contact CLO if you have any questions.

Mystical Spa and Health Club Offer

Mystical Spa and Health Club is located in the Palmdale Shopping Center on Madeira St. It has a nursery, a health-food deli, and the largest weight room in the Caribbean. They have offered a group discount to Mission employees. Annual membership is \$390 per person; monthly membership is available for \$45 per person. Hours are:

- Monday to Thursday 5:00 a.m.— 10:00 p.m.
- Friday 5:00 a.m.— 8:00 p.m.
- Saturday and Holidays 7:00 a.m.— 3:00 p.m.
- Sunday 1:00 p.m.—6:00 p.m.

Please contact Mr. Matthew Higgs at 325-4111/6 for more information.

DON'T FORGET!

Please join Ambassador Rood in the 2nd Floor Multi-Purpose Room on **Tuesday, May 17 at 4:00 p.m.** to celebrate all of our colleagues who have birthdays in May.



Greek Salads are Back!

NOW ON THURSDAY

\$8.00 regular

\$10.00 with Anchovies or Chicken
(extras please add \$1.00)

Made with garden fresh romaine hearts, vine ripened tomatoes, oil/vinegar (traditional dressing), cucumbers, onions, Greek olives, feta Cheese, on a fresh pita

Delivery is free (Embassy only). Tips are welcome.

Delivery time will be from 12:00 to 1:00 p.m.

If interested please contact Ann Daley at ext. 4349 with order and payment.

Exact payment needed before 10:30 a.m. Thursday.



Food Drive!

The Foreign Service National Employee Association (FSNEA) has resumed its Charity Food Drive. The last drive was fully successful and goods were delivered to Shepherd's Nook and other charities.



Your support is needed in bringing non-perishable food items again to place in the bin located in the Lunch Room on the 2nd floor.

Think of it...If each person brings one item, what a difference it would make!!!

Please support the Charity Food Drive!! Thank you!

For Sale

- Dodge Grand Caravan Sport, year 2000, 41000 miles, well maintained, 4 speed automatic. Asking \$14,000
- VW Golf GL, year 1999, 32000 miles, manual shift. Silver, with power moonroof, CD with 6-CD charger. Asking \$15,000
- Boat Wellcraft, year 2001. 18 ft, with a 150 hp Mariner motor and GPS. Grey canvas Bimini top. Seats 6, with storage spaces. Asking \$15,000

Call Ricardo Sanchez-Moreno at 502-0751 for any enquiry.

Items for Sale

All prices are negotiable

- Charcoal grill \$20
- Pool floats [2 inflatable w/ back support and cup holder \$12/ each, misc. pool toys /floats, come over and look]
- Tony Little's Gazelle edge (new-used twice; purchase price \$99+s&h) \$75
- Mini-crock pot Rival (3 ½" deep x 6" wide) \$10
- Mini fridge [16" (h) x 18" (w) x 18" (d) Whirlpool] \$75
- Juicer Braun \$15
- Steamer Black and Decker \$25
- DVD recorder Samsung w/ remote (new-used twice) \$175
- Extension cord (100ft) \$15

Please contact Anya & Theron Hunter @ 393-6629 to purchase or make an offer.

Junkanoo Journal Submission Guidelines

Thanks to all of you who contribute to the Junkanoo Journal. Your contributions are what make it a great newsletter! For anyone interested in submitting articles or photos to the Junkanoo Journal, your submissions are welcome! Here are a few guidelines:

- Always submit by email (CLONAS@state.gov) or disk. Because of time constraints, hard copy submissions might not be published.
- Submit articles as plain text. Don't try to format the submission for publication. What you send won't look the same in this document as it did in yours.
- If you're sending a picture and know how to make it a smaller file, please do.
- If you are sending something you did not write yourself, please credit the author and publication.

Submit your advertisements, articles and announcements to the CLO by **COB Wednesday** for Friday publications.

Submissions may be edited for length, clarity, or security. Publication in the *Junkanoo Journal* does not imply endorsement by the Community Liaison Office, Embassy Nassau or the Government of the United States.